

EFFICACY OF AURICULOTHERAPY FOR STAGE 1 AND STAGE 2 HYPERTENSION – A RANDOMIZED CONTROL TRIAL.

ABSTRACT

Background: Hypertension is not only a well-known risk factor for cardiovascular disease but also a public health challenge worldwide. Some auricular acupuncture treatment research papers show reduction in blood pressure in patients with hypertension and helps as preventive aspect in pre-hypertensive patients.

Objective: The aim of the study to determine the efficacy of auriculotherapy in stage 1 and stage 2 hypertensive patients.

Methodology: Through RCT method 82 patients only fulfilling inclusion and exclusion criteria with age ranges from 30 to 60 years old and they were selected for this research project. From that by simple randomization method 41 patients participated in intervention group and 41 patients participated in control group. They were given auriculotherapy daily 30 minutes for 5 days in a week for a month and blood pressure and pulse rate monitored and assessed pre and post intervention.

Result: There was significant improvement in auriculotherapy intervention group with $P < 0.0001$ when compared to control medicine group.

Conclusion: Giving auriculotherapy separately in shenmen and heart point reduces high blood pressure in stage 1 and stage 2 hypertensive patients due to vagal parasympathetic activation capacity.

Key words: Auriculotherapy, shenmen point, heart point, Blood pressure.